Friendship Heights Village Center



Calendar of Events 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
a.m.: Yoga :30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Depart for Poste and NPG 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 7:30 p.m.: Concert: IONA	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 12 p.m.: Low Vision Lunch and Learn 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Christopher Kimball	10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group	7 8:15 a.m.: Walking Clu 9 a.m. – 1 p.m.: Twin Springs
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	Columbus Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 1 p.m.: Suburban Lecture: Feet 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Richard Miller	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7:30 p.m.: Tom Ricks	9:30 a.m. – 1:30 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events	8:15 a.m.: Walking Clu 9 a.m. – 1 p.m.: Twin Springs
59:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Rosa Weinstein Lecture 2:30 p.m.: Drawing and Painting 7 p.m.: Candidates' Forum 7:30 p.m.: Yoga	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 1:30 p.m.: Healthy Aging 7:30 p.m.: Concert: Les Amis de Mozart	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11:30 a.m.: Bones for Life 11 a.m. – 4 p.m.: Village Playtime 5:30 p.m.: Bones for Life 6:30 p.m.: Scrabble 7 p.m.: Café Muse	10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group	8:15 a.m.: Walking Clu 9 a.m. – 1 p.m.: Twin Springs
2 a.m.: Yoga 2:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Fit-4-Ever 10 a.m 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Bridge 2:30 p.m.: Drawing and Painting 7 - 8:30 p.m.: Fall Festival	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture Painting 7:30 p.m.: Concert: Storytelling by Ellouise Schoettler	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11:30 a.m.: Bones for Life 11 a.m. – 4 p.m.: Village Playtime 5:30 p.m.: Bones for Life 6:30 p.m.: Scrabble 7:30 p.m.: Susan Shreve	9:30 a.m. – 1:30 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events 6-7:30 p.m.: Children's Halloween Party	8:15 a.m.: Walking Clu 9 a.m. – 1 p.m.: Twin Springs 7:15 p.m.: Depart fo Strathmore
a.m.: Yoga 30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength	31 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening	MVA Bus		t to Friendship Heights o	on Monday, Oct.

Shuttle bus hours



3 – 5 p.m.: Suburban Nurse

Specialist

Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Village Center Hours

1 p.m.: Bridge

7:30 p.m.: Yoga

2:30 p.m.: Drawing and Painting

7 p.m.: Movie: Poseidon

Monday through Thursday 9 a.m. to 9 p.m. 9 a.m. to 5 p.m. Friday Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome. Among the services offered are driver's license renewal, photo identification cards, vehicle registration renewal, disability tags, copies of driver's licenses and registrations.

Village Council meetings are held the second Monday of each month (except on holidays) at the Village Center. The next meeting will be **Tuesday, Oct. 10, at 8 p.m.**

The agenda for the meeting is sent of the manager of each building in the Village the week before the meeting with the request that it be posted.